

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001938284  
Filer CCC XXXXXXXXX  
Is this a LIVE or TEST Filing?  LIVE  TEST

### Submission Contact Information

Name  
Phone  
E-Mail Address

## 144: Issuer Information

Name of Issuer CAPITAL ONE FINANCIAL CORP  
SEC File Number 001-13300  
1680 CAPITAL ONE DRIVE  
SUITE 1400  
Address of Issuer MCLEAN  
VIRGINIA  
22102  
Phone 7037201000  
Name of Person for Whose Account the Securities are To Be Sold West Kara

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Officer

## 144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
COMMON	MORGAN STANLEY SMITH BARNEY LLC EXECUTIVE SERVICES 200 W CIVIC CENTER DR. 4TH FLOOR SANDY UT 84070	721	133005.10	381500000	11/07/2024	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
COMMON	02/15/2021	RESTRICTED STOCK	ISSUER	<input type="checkbox"/>		321	02/15/2021	COMPENSATION
COMMON	01/01/2020	ESPP	ISSUER	<input type="checkbox"/>		53	01/01/2020	COMPENSATION
COMMON	01/01/2021	ESPP	ISSUER	<input type="checkbox"/>		81	01/01/2021	COMPENSATION
COMMON	01/01/2022	ESPP	ISSUER	<input type="checkbox"/>		94	01/01/2022	COMPENSATION
COMMON	01/01/2023	ESPP	ISSUER	<input type="checkbox"/>		102	01/01/2022	COMPENSATION
COMMON	01/01/2024	ESPP	ISSUER	<input type="checkbox"/>		70	01/01/2024	COMPENSATION

\* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Nothing to Report

## 144: Remarks and Signature

TABLE 1 BREAKDOWN 5/21/2020 2.562 1/31/2021 7.297 10/31/2021 7.732 9/30/2022 13.821 11/30/2023 11.804  
7/31/2020 17.887 2/28/2021 6.551 11/30/2021 8.309 11/30/2022 12.339 12/31/2023 15.078 8/20/2020 0.675  
3/31/2021 6.397 12/31/2021 12.072 12/31/2022 20.555 2/29/2024 9.739 8/31/2020 11.021 4/30/2021 5.459 1/31/2022  
Remarks 7.958 1/31/2023 10.705 3/31/2024 9.149 9/30/2020 10.587 6/30/2021 5.261 2/28/2022 7.838 3/31/2023 13.596  
4/30/2024 9.498 10/31/2020 10.41 7/31/2021 7.55 3/31/2022 9.406 4/30/2023 13.437 5/31/2024 14.847 8/31/2021  
7.036 4/30/2022 9.909 5/31/2023 12.546 8/31/2024 9.271 9/30/2021 7.209 6/30/2022 11.853 7/31/2023 11.172  
9/30/2024 9.098 9/30/2023 13.521 10/31/2024 8.368

Date of Notice 11/07/2024

### ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Kara Thompson West

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**